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All Invited to Fall into Health and Morris Community Meal

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Contact:

Melissa Vangsness, Director of Communications
Phone: [320-589-6414](tel:320-589-6414), weberm@morris.umn.edu

Jenna Ray, Editor/Writer
Phone: [320-589-6068](tel:320-589-6068), jrray@morris.umn.edu

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[All Invited to Fall into Health and Morris Community Meal](#)

Third Annual Fall into Health and Morris Community Meal to feature delicious local ingredients and keynote speaker Ben Utecht on October 24.

MORRIS, Minnesota (October 13, 2016)— The third annual Fall Into Health and Morris Community Meal will take place on Monday, October 24, from 5–8 p.m. at the Morris Area Elementary School (151 South Columbia Avenue, Morris, MN 56267). This event is free and open to the public.

Fall into Health provides resources and information about living a healthier lifestyle through informational booths, free health screens, a provider panel, and keynote speaker. Community Meal will feature a free, delicious, and healthy menu of shepherd's pie, crispy coleslaw, and fall harvest bars from 5–6:30 p.m. in the school cafeteria.

Volunteers are needed to help set up, to prepare and serve the meal, and to clean up on Sunday October 23, and on Monday, October 24, from 2–8 p.m.

This meal is provided in collaboration with Stevens Community Medical Center (SCMC). Co-sponsors include SCMC, Morris Area Chamber of Commerce, Thrifty White Pharmacy, Statewide Health Improvement Program, The Bridge, Morris Healthy Eating, Regional Fitness Center, the University of Minnesota, Morris Office of Community Engagement, Morris Area Schools, Sodexo, Pomme de Terre Food Co-op, Willie's Supervalu, KMRS/KKOK/The River, and Morris Area Schools. To get involved as a sponsor for future meals or volunteer, contact the Office of Community Engagement at 320-589-6457 or engagmnt@morris.umn.edu.

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